



# TriHealth EAP Essential EAP

With TriHealth EAP, you will help equip your employees and their families with essential resources and skills for managing life's everyday demands.

## 1-3 Counseling Session Model

Confidential, short-term counseling to cope with marital and family issues, anxiety, depression, etc.:

- Sessions provided in-person or via telehealth.
- Employees, their spouse/partner and dependents in the home are eligible.
- Counseling session models based on presenting issue, not per calendar year.

## Scheduling

- Counseling appointments can be made by calling 1 800 642 9794 or by using the [Request-A-Counselor](#) feature on our website [trihealthheap.com](http://trihealthheap.com).
- [On-Call Crisis Counselor](#) available 24/7 for individuals and families experiencing a behavioral health crisis at 1 800 642 9794.

## Excelling at Work & Life Webinar Series

Sixty-minute webinars throughout the year on topics designed to help participants thrive personally and professionally. Available to employees and their families.

## Reporting

Utilization and outcomes data provided via quarterly or semi-annual reports.

EAP offers support for many aspects of life

Stress Management

Crisis Support

Resiliency Development

Work & Family Balance

Relationships

Career Concerns & Exploration

Emotional Health

Grief & Loss

Addictions

Depression

Anxiety

Life Transitions

